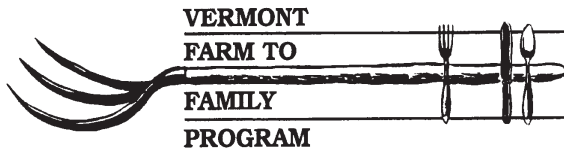


Growing Healthy Families



WIC Program Newsletter • Volume XI, Issue 2 • Summer 2010
Vermont Department of Health • 1-800-649-4357
www.healthvermont.gov



It's Farm to Family time!

Summertime means time to taste fresh, locally grown vegetables and fruits. At the Farmers' Market you can meet the people who grow your food, support local farms, and try new vegetables and fruits.

What is Farm to Family?

The Vermont Farm to Family Program provides WIC participants age 6 months and older with coupons to buy fresh vegetables and fruits at participating farmers' markets around the state. When you attend a Farm to Family activity, you will receive one free coupon book worth \$30 for you to spend on fresh vegetables and fruits for your family at the Farmers' Market.

Why only one booklet?

Coupon books are distributed on a first come, first serve basis. Providing one book at a time allows as many Vermont WIC families as possible to participate. After all local Farm to Family distribution activities have ended, there may be additional coupon books available for families that have a second WIC participant.

Where do I get the coupons?

Check the insert of this newsletter for distribution dates and times to pick up your Farm to Family coupons. There are a limited number of coupon books available.



Making healthy family choices

You are your child's most important role model. If your child sees you eating healthy foods, being physically active and maintaining a healthy weight, she is more likely to follow your lead.

Childhood overweight and obesity is a national challenge with many health-related consequences. What is a parent to do?

Help kids stay active

- Allow for at least 60 minutes of active play everyday
- Limit TV and screen time to less than 2 hours (none for kids under age 2)

Encourage healthy eating habits

- Plan ahead for healthy meals and snacks
- Offer your child a healthy breakfast everyday

These resources can help you learn more about how to make healthy changes for your family:

www.letsmove.gov
www.nhlbi.nih.gov/health/public/heart/obesity/wecan

- Sit and eat family meals together
- When on the go pack your own healthy food
- Learn about how much food to serve your child

Promote healthy behaviors

- Make sure your child gets enough sleep at night
- Keep kids away from cigarette smoke



Berry picking, berry fun!

Children love picking all kinds of berries and eating them too. Berry picking is a great summertime activity for the whole family. Check the phone book or listings in your local paper for "pick your own" berry farms. You can also find a listing on the Vermont Department of Agriculture's website: <http://www.state.vt.us/agric/pyown.htm>

Strawberries are usually available from mid-June until mid-July, blueberries from mid-July until the end of August, and raspberries and blackberries from early August until the end of September.

Conditions can vary from day to day so it is always a good idea to call ahead to make sure the farm is open for berry picking. The best time for picking is usually in the morning when it is cooler and the berries are more plentiful. Remember to bring along water, hats and sunscreen.

Berries freeze well, and are soft when thawed. The secret to successful freezing is to rinse berries, let them dry, arrange them on baking sheets and freeze. Remove frozen berries from sheets and pack into freezer bags. Berries can be kept in the freezer for up to 6 months.

In addition to picking your own, you can also enjoy the sweet taste of fresh-picked, ripe berries by using your Farm to Family coupons at your local farmers' markets and using your WIC Fruit & Veggie card at authorized food stores.



clip & save recipes!

Maple Tamari Tofu

Ingredients:

- 2 T olive oil
- 1 T minced fresh ginger
- 1/4 cup tamari or low sodium soy sauce
- 2 T apple cider vinegar
- 1 T real maple syrup
- 8 oz. firm tofu, patted dry and cubed in 1-inch pieces

Gently mix all ingredients together and marinate 6 hours or overnight. Bake, covered at 350° for 30 minutes. Uncover, gently stir and bake for 15 minutes more. Serve over brown rice.

Nutrient analysis per serving: Calories 127, Carbohydrate 6 grams, Fat 9 grams, Protein 6 grams, Sodium 541 milligrams, Fiber 1 gram.

Serves 4



What is Tamari?

Tamari and soy sauce are both made from fermented soybeans but Japanese tamari is thicker, darker, and richer than its counterpart and is less salty.

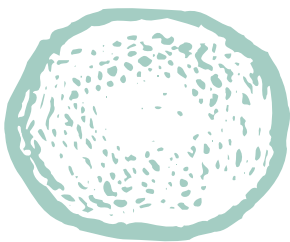
Give tofu a try!

Have you wondered about the tofu option that WIC offers but were not quite sure what tofu is exactly or how to prepare it? You are not alone! Tofu is soybean curd which is made from soymilk. It has a soft, cheese like consistency and is very plain which lends itself well to many seasonings and flavors.

Tofu is a nutrient dense food with 7 grams protein and 80 calories per 3 ounce serving. The tofu WIC provides is "calcium-set" which means it is a good source of calcium too! You can freeze tofu if you won't be able to eat it before the "use by" date. It is very adaptable and can be used in a stir fry, added to casseroles, used in baking, in soups and more!

Older babies and children love tofu. It is soft and easily digestible and when diced small is a great portable finger food. Try the above recipe for a delicious tofu meal.

Women on WIC can substitute tofu for some of their milk. If a child has lactose intolerance or if they follow a vegetarian diet they can get their doctor's OK to substitute some of their milk for tofu. Ask about it at your next WIC visit!





August 1-7, 2010 is World Breastfeeding Week

In this issue:

- **It's Farm to Family time!**

\$30 coupon book for fresh fruits and veggies — FREE!

- **Making healthy family choices**

Ideas to get you started

- **Berry picking, berry fun!**

WIC can help you enjoy summer's sweet berries

- **Featured recipe:**

Maple Tamari Tofu



Happy Father's Day
to all Dads, Granddads
and Dads-to-be!

Sunday, June 20

"Berry picking, berry fun" adapted with permission from SmartFood Newsletter. "Healthy family choices" adapted from the US Department of Health and Human Services Office of the Surgeon General. Maple Tamari Tofu recipe from Vermont Soy company, used with permission.

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